IMPACT OF STRUCTURED YOGIC PRACTICES ON DELIVERY RELATED OUTCOMES, PHYSIOLOGICAL DISCOMFORTS AND POST NATAL DEPRESSIONAMONG PRIMIPAROUS MOTHERS

SYNOPSIS

is submitted to the Meenakshi Academy of Higher Education and Research (Deemed to be University) Chennai for the partial fulfilment of the requirements For the award of Degree of

DOCTOR OF PHILOSOPHY
IN
YOGA

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